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Center for Integrated  
Health Solutions**

**Implementing Medication Assisted  
Treatment (MAT) in a County Behavioral  
Health System and an Example using our  
Long Acting Injectable Naltrexone Pilot**

Chris Esguerra, MD, MBA  
San Mateo County, CA

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**About the Speaker**



In San Mateo County, CA., Dr. Esguerra leads the integrated care effort between behavioral health care and primary care for those with serious mental illness. He also works in the areas of quality, health IT, medication assisted treatment for those with substance use disorders, practice guidelines/standards, physician education, teaching residents, and general operations.

Dr. Esguerra received his MD from the Keck School of Medicine, University of Southern California and completed his psychiatry residency training from the San Mateo County Psychiatry Residency Training Program. He also received his MBA from the University of Massachusetts, Amherst.

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**Our Path Today**

Our System  
The Gap  
The Strategy  
Our Long Acting Injectable Naltrexone Pilot  
Current State

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## What is Medication Assisted Treatment?

Medication assisted treatment (MAT) is the use of medications in combination with counseling and behavioral therapies to provide a holistic approach to the treatment of substance use disorders

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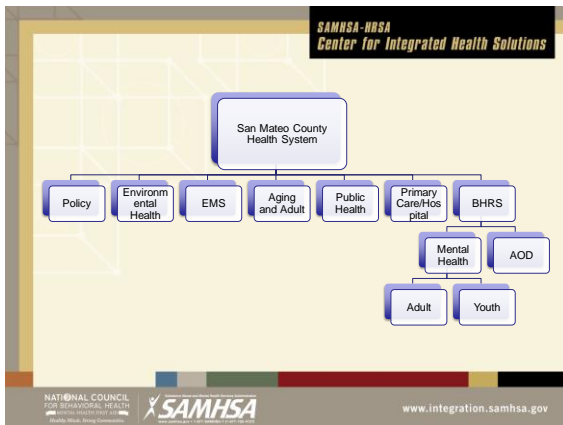
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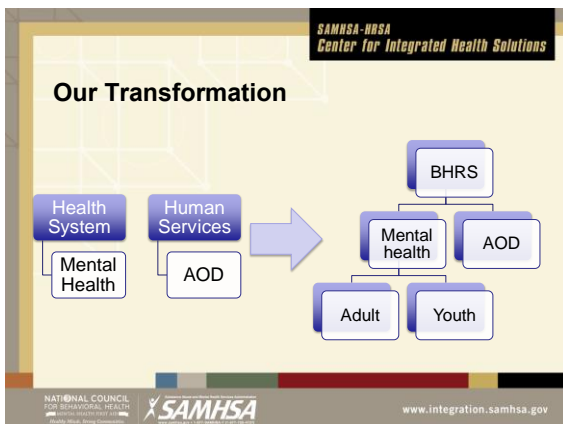
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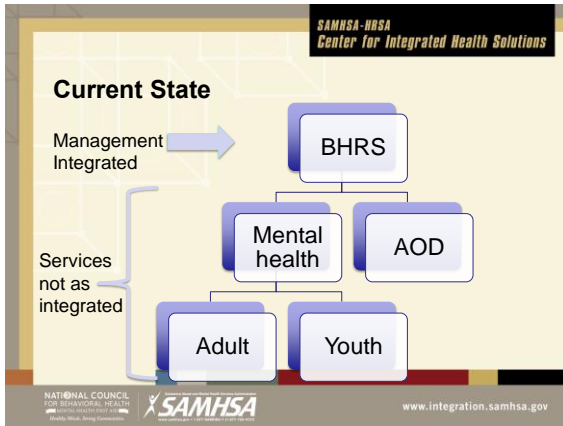
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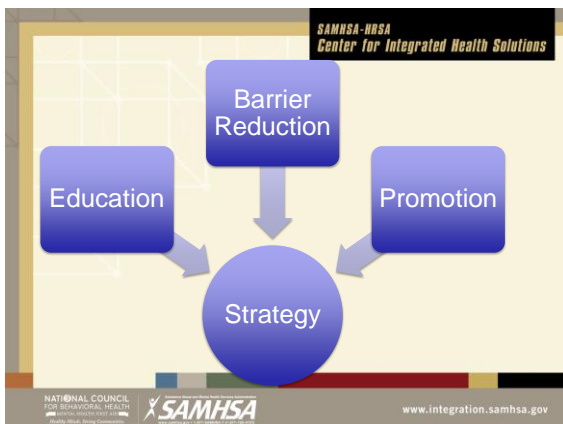
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**Education**

- Training and CME presentations to Medical Staff
- Training to Clinicians and Consumers
- Training with Primary Care
- Education on Medi-Cal limits to NRTs

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**Barrier Reduction**

- Access to CURES/PDMP
- Formulary changes
- License waiver for buprenorphine

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**Promotion**

- Telling stories
- Leadership and supervision
- Nurses
- Total Wellness

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## Specific Activities

Medications to Reduce Alcohol Use Algorithm

Long Acting Injectable Naltrexone Pilot

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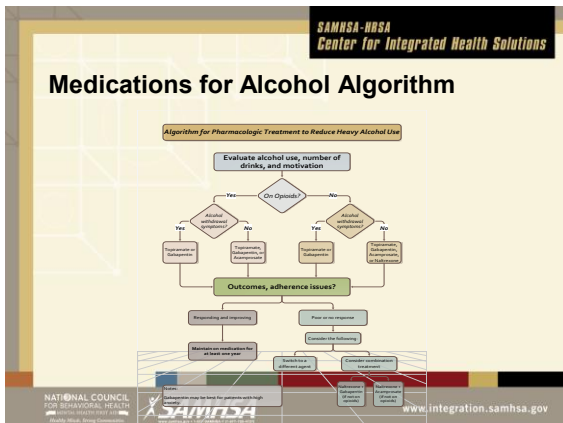
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## Long Acting Injectable Naltrexone Pilot

What is Long Acting Injectable Naltrexone?

Why are we doing this?

How are we doing this?

What are some results?

What are we doing with these results?

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## What is Long Acting Injectable Naltrexone?

**Long Acting Injectable Naltrexone**

- Brand name: Vivitrol
- Monthly injection formula of naltrexone (opioid blocker)
- FDA approved for alcohol use disorders and opioid use disorders
- Reduces cravings and blunts the pleasurable effects of alcohol
- Clients can still drink and can get drunk
- Clients can NOT take opioids with this medication

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## Why are we doing this?

Retail cost: \$1100 per shot

MAT not part of culture in behavioral health or primary care

Need to demonstrate local outcomes

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## How are we doing this?

**Inclusion**

- Adults with high risk alcohol use problems
- Greater than two acute care visits in the past 6 months
- Not on any opioids
- At risk of failing current program or housing

**IRB Approved Research**

- Primary outcome: reduction in acute service utilization and in drinking days/surge to drink scale scores
- Secondary outcome: increased use of outpatient services and recovery/rehabilitation supports

**Mechanics**

- Evaluation
- Ongoing injections

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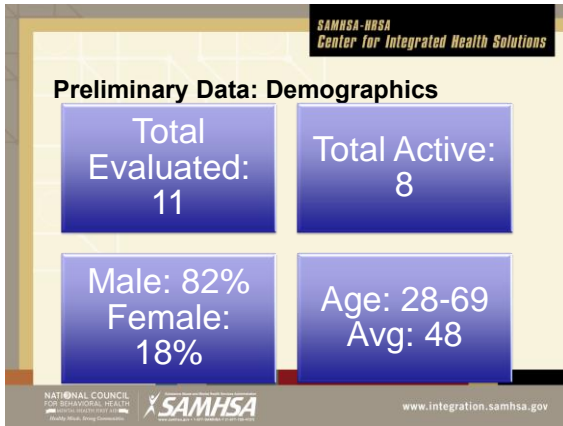
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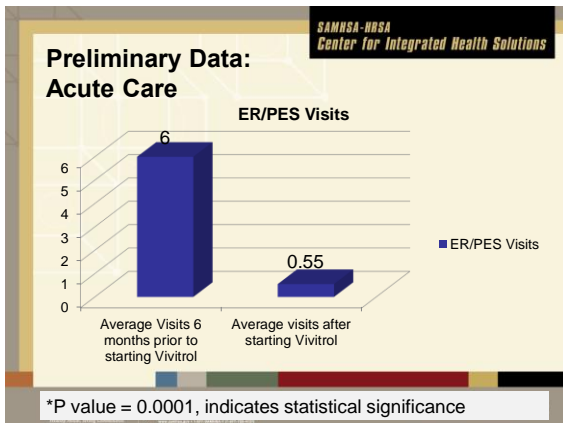
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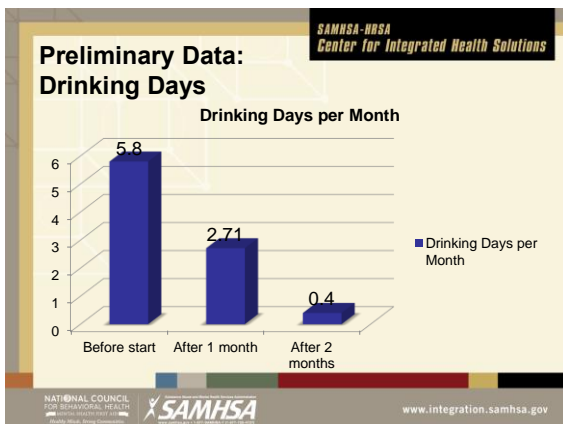
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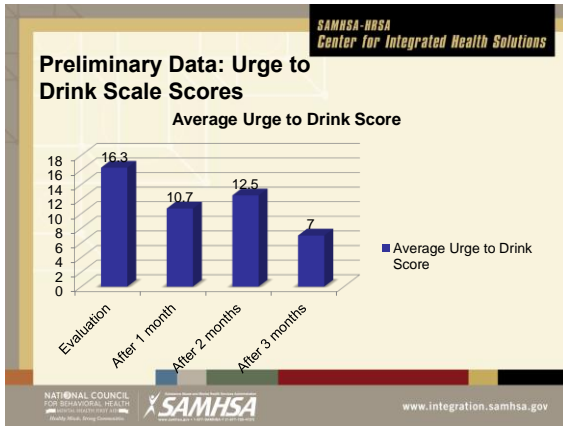
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**QUESTIONS/DISCUSSION**

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